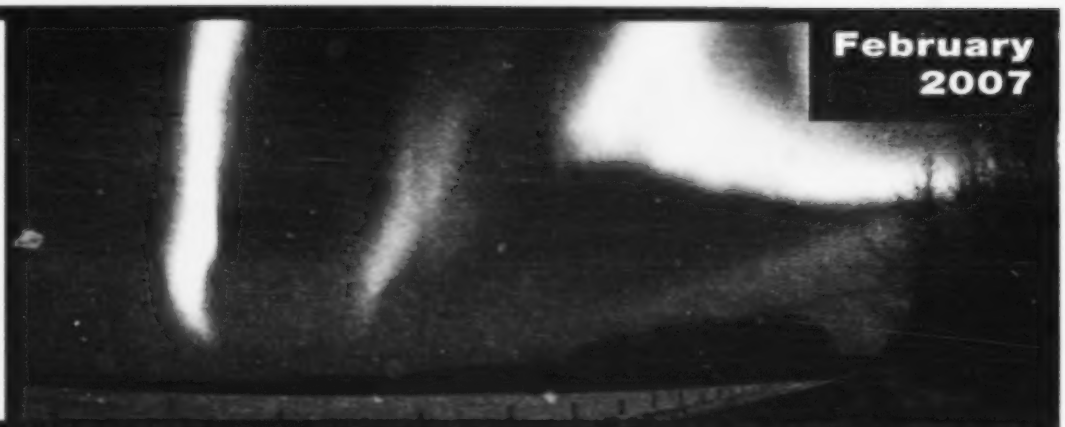
English Express

February 2007

A free newspaper for adult learners | 60,000 readers | Alberta Advanced Education and Technology



Reader's story

I quit smoking

My name is Mine. I am from Turkey. I was a nurse in my country. I am married. I don't have children.

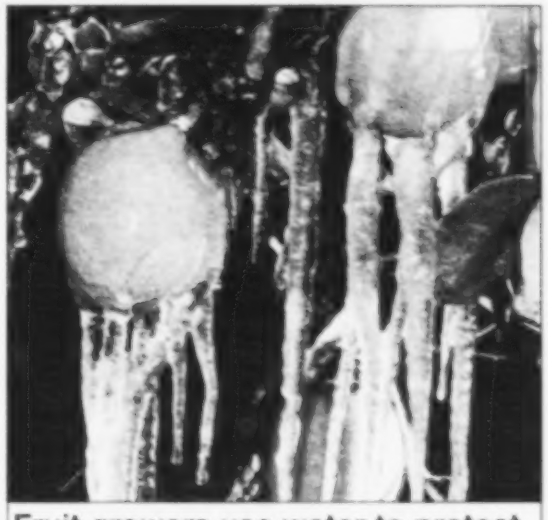
I came to Canada on May 10, 2006. I go to NorQuest College.

My story is that I gave up smoking. My life was difficult in Turkey. I started smoking in 2002. I was smoking one package a day. I didn't like it because it wasn't good for my health.

Then I came to Canada, and my life is better now. I decided to give up smoking on August 11, 2006. I am very happy and healthy now.

Bad weather

Cold weather in California



Fruit growers use water to protect fruit from the cold. The water freezes and helps protect the fruit.

There was a cold snap in California in January. Many fruit and vegetable crops froze. Growers lost 70 per cent of some crops.

In the winter, Alberta gets a lot of fruit and vegetables from California. So prices of some food went up.

Storms in British Columbia

What a winter! There have been many storms this winter along Canada's west coast.

There was heavy rain and snow. High winds knocked down trees. Some trees fell on power lines. The power went off in thousands of homes in Victoria, Vancouver and other places.

A tree fell on this house in B.C. Luckily, no one was hurt.

Soccer news

I came to Canada on May 10, 2006. I go to NorQuest College.

My story is that I gave up smoking. My life was difficult in Turkey. I started smoking in 2002. I was smoking one package a day. I didn't like it because it wasn't good for my health.

Then I came to Canada, and my life is better now. I decided to give up smoking on August 11, 2006. I am very happy and healthy now.

—Mine Cetin, Edmonton

Photo: Milorad Zivkovic

Fruit growers use water to protect fruit from the cold. The water freezes and helps protect the fruit.

There was a cold snap in California in January. Many fruit and vegetable crops froze. Growers lost 70 per cent of some crops.

In the winter, Alberta gets a lot of fruit and vegetables from California. So prices of some food went up.

thousands of homes in Victoria, Vancouver and other places.

A tree fell on this house in B.C. Luckily, no one was hurt.

Year of the Pig

Lunar New Year is on February 18, 2007. It will be the Year of the Pig.

Family Day in Alberta

Family Day is on February 19 this year.
Enjoy the long weekend with your family or friends.

Soccer news

Player of the Year

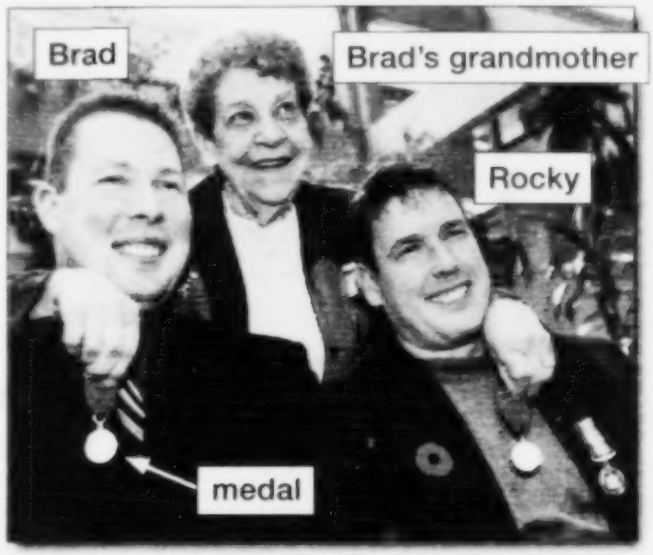
Fabio Cannavaro is a soccer player. He is 33 years old. He plays for a soccer team in Spain.

Fabio won a big award in 2006. He was the FIFA World Player of the Year.

Fabio Cannavaro helped Italy win the World Cup in July 2006.

Photos – northern lights in northern Alberta: iStockphoto; oranges: CP (Gary Kazanjian); tree on house: CP (Richard Lam); stamp: Canada Post; Fabio: CP (Michael Probst) • Family Day art: Guy Parsons

Two men saved seniors from fire



Brad Smith and Rocky Hanson are heroes. They helped rescue people from a fire in Edmonton.

In November 2005, Brad was visiting his grandmother. She lived in a building with other seniors. Suddenly, the smoke alarm went off.

Brad went into the hall. Smoke was coming out of a suite.

Brad tried to put out the fire

Brad went into the suite. He used a fire extinguisher. But it didn't work well. He couldn't put out the fire.

Brad took his grandmother outside. Then he went inside to help other people.

Two men worked together

Brad met Rocky in the hallway. Rocky was visiting his grandmother in another suite.

Brad and Rocky worked together. They crawled through the smoke. They led people to

Went in again and again

Brad and Rocky went in and out of the building five or six times. They kicked down doors to find people. The smoke was very thick. People were afraid.

Brad and Rocky rescued 31 seniors. Unfortunately, one man died in the fire.

After the fire

✔ Rocky invited his grandmother and her friend to live with him.

✔ Rocky and Brad helped raise $30,000 for the seniors in the apartment building.

✔ The smoke from the fire hurt Brad's lungs. He is getting better slowly.

Heroes got medals

In November 2006, Brad and Rocky got medals. They are very brave men.

Quote of the month

Learning is a treasure that will follow its owner everywhere.

—*Chinese proverb*

Dear adult readers

We will have two pages of stories from our adult readers in the May–June issue.

Would you like to send in a story? You can send your recipes and photos too.

Send your submission to the *English Express* office. Our address is on page 4.

Please include:

- your name, address and phone number
- your teacher's or tutor's name, phone number, fax number and e-mail address

Deadline: March 21, 2007

Website

Visit the *English Express* website. You can:

- read and listen to articles
- print word games
- print Teaching Notes

Brad tried to put out the fire

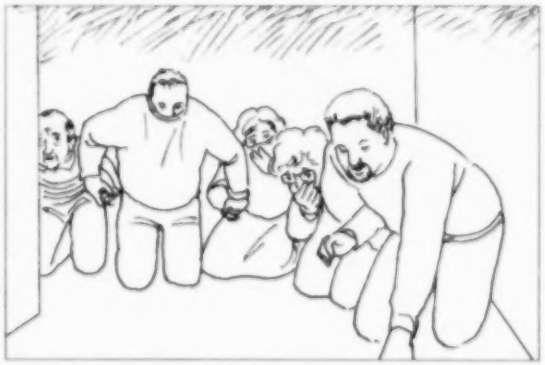
Brad went into the suite.
He used a fire extinguisher.
But it didn't work well.
He couldn't put out the fire.

Brad took his grandmother outside. Then he went inside to help other people.

Two men worked together

Brad met Rocky in the hallway. Rocky was visiting his grandmother in another suite.

Brad and Rocky worked together. They crawled through the smoke. They led people to the exits.



After the fire

✔ Rocky invited his grandmother and her friend to live with him.

✔ Rocky and Brad helped raise $30,000 for the seniors in the apartment building.

✔ The smoke from the fire hurt Brad's lungs. He is getting better slowly.

Heroes got medals

In November 2006, Brad and Rocky got medals. They are very brave men.

Be safe at home!

✔ Put one or more smoke alarms on each floor. Check them every month.

✔ Make an escape plan. Find two exits from each room. Practice your plan.

Adapted from the Edmonton Journal
Photo: Edmonton Journal (Chris Schwarz) • Art: Nola Johnston

Send your submission to the *English Express* office. Our address is on page 4.

Please include:

- your name, address and phone number
- your teacher's or tutor's name, phone number, fax number and e-mail address

Deadline: March 21, 2007

Website

Visit the *English Express* website. You can:

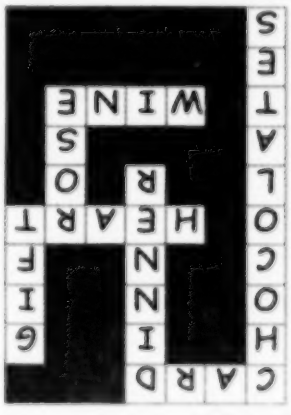
- read and listen to articles
- print word games
- print Teaching Notes

Do you like the website? Click on "Contact us." Fill out the form and send it to us.

One Big Happy

By permission of Rick Detorie and Creators Syndicate, Inc.

Answer box



2008-06063/

Culture in Alberta: Part 5

Gestures

Gestures are the ways that people use their hands, face and body to communicate. Gestures are part of culture.

Many different meanings

You often see the thumbs up gesture in Alberta. It can mean:

- That's great!
- Everything is okay.
- Way to go!

In Germany, this gesture can mean "one."

Be careful. This gesture is very rude in some countries. For example: Nigeria.

Pat is from Alberta. She uses one finger to mean "come here." She moves it back and forth.

Some people in Alberta use their whole hand.

Long is from China. He uses his whole hand to mean "come here."

He never uses one finger. In his culture, it is rude.

Long uses a different gesture for very young children. He holds his hand down and moves it back and forth.

More gestures

Many people in Alberta use these gestures.

Peace.
or
Victory.

Time out.

Phone me.

Good luck.

Go that way.
or
That one.

People point with their whole hand in some countries.

Photos – come here: Maureen Day; phone: Bev Burke; other: iStockphoto

Cheesy potato soup

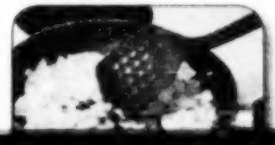
Makes 8 to 10 servings.

You will need

What to do

1 Peel the potatoes. Cut them into pieces.

4 Melt the margarine in a pan. Add the onion. Cook on medium heat until soft.



You often see the thumbs up gesture in Alberta. It can mean:

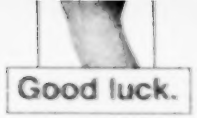
- That's great!
- Everything is okay.
- Way to go!

In Germany, this gesture can mean "one."

Be careful. This gesture is very rude in some countries. For example: Nigeria.

one finger. In his culture, it is rude.

Long uses a different gesture for very young children. He holds his hand down and moves it back and forth.



People point with their whole hand in some countries.

Photos – come here: Maureen Day; phone: Bev Burke; other: iStockphoto

Cheesy potato soup

Makes 8 to 10 servings.

You will need

6	large potatoes
1 tsp (5 mL)	salt
¼ cup (50 mL)	margarine
1	large onion
2 cans	creamed corn (14 oz or 398 mL)
3 cups (750 mL)	milk
1 cup (250 mL)	cheddar cheese
	salt and pepper
	parsley

What to do

1 Peel the potatoes. Cut them into pieces.

2 Grate the cheese. Chop the onion and parsley.

3 Put the potatoes and salt in a pot. Cover with cold water. Boil. Cook the potatoes until they are soft.

4 Melt the margarine in a pan. Add the onion. Cook on medium heat until soft.

5 Drain the potatoes. Mash them.

6 Add the onion, creamed corn, milk, cheese and some salt and pepper. Stir.

7 Heat up the soup. Stir often.

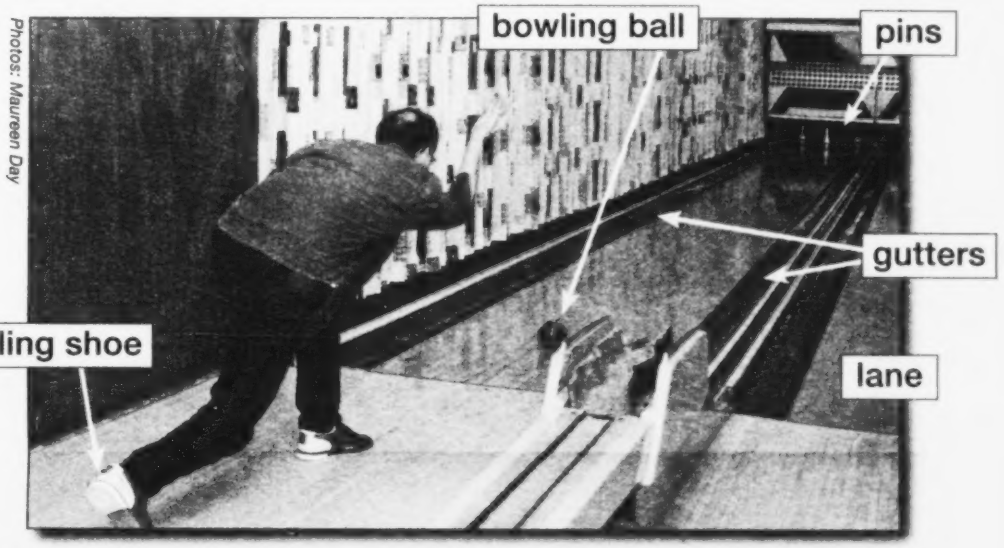
8 Serve with parsley on top.

Adapted from Instant Chef, MacEwan College • Photos: Bev Burke

Things to do

Go bowling

Go to a bowling alley
with friends.
Roll bowling balls
down the lane.
Try to knock down the pins.



Photos: Maureen Day

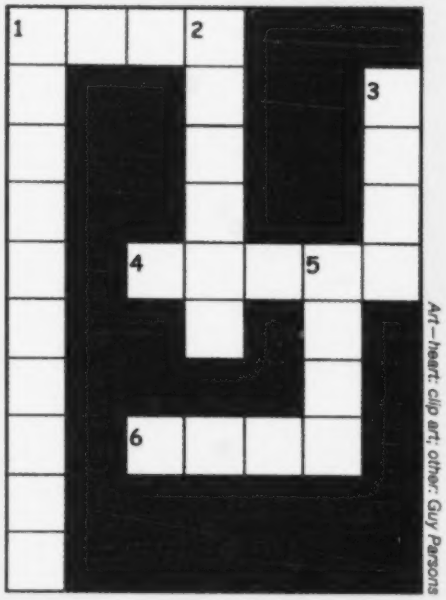
You rent bowling shoes
at the bowling alley.

You keep score.
Or a computer
keeps score for you.

You roll 1 to 3 balls
on each turn.
Most people bowl

Crossword

Valentine's Day
is on February 14.
Spend time with
someone special.



Art – heart: clip art; other: Guy Parsons

Across

Down

☞ **Answers on page 2**

English Express is intended for **adults** improving their English reading skills. Article levels include:

Level 1 Level 2 Level 3

English Express is published by Alberta Advanced Education and Technology. The views expressed in *English Express* are not necessarily the views of this department. Material is copyrighted.

How to order English Express

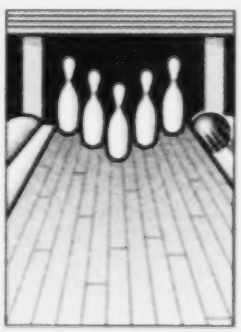
You rent bowling shoes
at the bowling alley.

You keep score.
Or a computer
keeps score for you.

You roll 1 to 3 balls
on each turn.
Most people bowl
with 1 hand.
Some people bowl
with 2 hands.

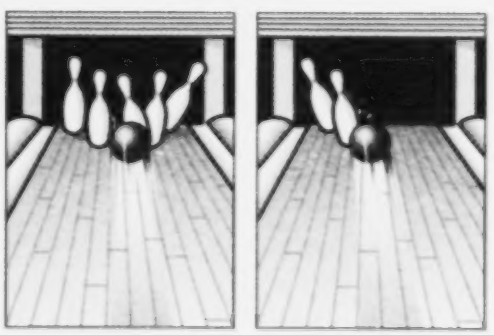
Bowling words

a gutter ball



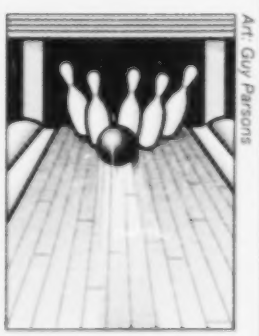
The ball rolls
into the gutter.

a spare



All 5 pins fall down
with the first 2 balls.

a strike



All 5 pins
fall down on
the first ball.

Art: Guy Parsons

Down

☞ **Answers on page 2**

English Express is intended for **adults** improving their English reading skills. Article levels include:

Level 1 Level 2 Level 3

English Express is published by Alberta Advanced Education and Technology. The views expressed in *English Express* are not necessarily the views of this department. Material is copyrighted.

How to order English Express

We send free copies to educational programs for adults, to libraries and to agencies in Alberta, the NWT, the Yukon and Nunavut. Contact the *English Express* office to order copies or to change your subscription. Please consolidate orders so there is one subscription to your address. We do not send *English Express* to other provinces or countries, or to individual readers.

Note: We can no longer accept new subscriptions from K to 12 schools for use by children and youth under 18.

Mail: English Express
Box 38028 Capilano
Edmonton, Alberta T6A 3Y6

E-mail: subscriptions@englishexpress.ca

Phone: In Edmonton, 780-440-3722
Outside Edmonton, 1-877-440-3722

Fax: 780-468-3119

Volume 27 • Number 2

ISSN0825-5466

Alberta

The Family Literacy series is intended for "parents" of young children. Educational programs, agencies and child care providers can order free copies from the *English Express* office. Topics include:

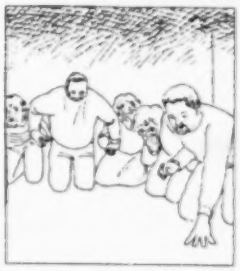
#1: What is family literacy?
#2: How do young children develop?
#3: Helping babies learn
#4: Helping toddlers learn
#5: Helping preschoolers learn
#6: Children between 4½ & 6—helping them learn
#7: Starting Grade One
#8: Tell a story, read a story

Please contact Bev Burke regarding content.
E-mail: editor@englishexpress.ca

Two men saved seniors from fire

Answer the questions. Use complete sentences.

Art: Nola Johnston



1. Who were Brad and Rocky visiting?

   _____

2. What did Brad use to try to put out the fire?

   _____

3. Did he put out the fire? _____

4. How many people did Brad and Rocky help to leave the building?

   _____

5. How much money did Brad and Rocky help to raise for the seniors?

   _____

6. What did Brad and Rocky receive in November 2006?

   _____

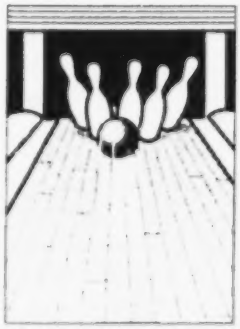
7. Do you have a smoke alarm in your home?_____

Find the words

Answers on page TN-1

Find these words in the puzzle. Some words go across and some go down.

alley
bowl
drain
fire
fruit
grate
gutter
heroes
mash
nurse
peace
pig
pins
power
rude
snap
soccer
score
spare
strike



Art: Guy Parsons

m	a	s	h	z	s	p	a	r	e	f
p	g	n	d	r	a	i	n	r	f	i
i	k	a	m	p	l	n	g	p	r	r
g	l	p	u	r	n	s	u	o	y	e
h	y	f	g	j	u	c	t	w	h	b
s	w	k	k	r	r	o	t	e	a	s
b	o	w	l	d	s	r	e	r	g	o
f	r	u	i	t	e	e	r	u	r	c
s	t	r	i	k	e	r	k	d	a	c
h	e	r	o	e	s	x	z	e	t	e
a	l	l	e	y	p	e	a	c	e	r

Bowling words

Answers on page TN-1

Fill in the blanks with a word from the box below.

1. Go to a bowling ___alley___ with friends.
2. Roll bowling balls down the _____ .
3. Try to knock down the _____ .
4. You can _____ bowling shoes.
5. You write down the score on a _____ _____.
6. If all 5 balls fall down with your first 2 balls, you have a _____ .
7. A _____ _____ rolls into the gutter.
8. You keep score, or a _____ keeps score for you.
9. If all 5 pins fall down with your first ball, you have a _____ .
10. You roll 1 to 3 balls on each _____ .
11. Most people bowl with 1 _____ . Some people bowl with 2 _____.

hand	lane	computer	score sheet
spare	gutter ball	hands	pins
strike	~~alley~~	turn	rent

Art. Nola Johnston

True or false

Answers on page TN-1

Write T if the sentence is true. Write F if the sentence is false.

_____ 1. Mine was a teacher in her country.

_____ 2. Fabio Cannavaro played for Spain in the World Cup.

_____ 3. The Year of the Pig will begin on February 18 for some people.

_____ 4. A spare is when all 5 pins fall down on the first ball.

_____ 5. Fruit growers use water to protect fruit from insects.

_____ 6. Mine decided to give up smoking on August 11, 2006.

_____ 7. Long uses the same gesture to mean "come here" for both adults and very young children.

_____ 8. Everyone uses just one hand when they bowl.

Art. Government Information Office, Republic of China, Taiwan

Cheesy potato soup

Answers on page TN-1

Answer these questions. Use the verbs in the box.

GP

1. What do you do to the cheese? You grate the cheese.
2. What do you do to the potatoes? You _____, _____, _____, _____ and _____ them.
3. What do you do with the margarine? You _____ it in a pan.
4. What do you do to the onion? You _____ it and _____ it in a pan.
5. What do you do with the cans of corn? You _____ them.
6. What do you do to the soup while it's heating up? You _____ it often.
7. What do you do with the parsley? You _____ it. You serve the soup with some parsley on top.

~~grate~~	chop	cook	stir
peel	cut	drain	chop
open	melt	mash	cook

Art: Nola Johnston

Past tense verbs

Fill in the blanks with the past tense of the verb.

1. freeze _ _ _ _ _ _
2. lose _ _ _ _ _
3. quit _ _ _ _ _
4. go _ _ _ _ _
5. fall _ _ _ _ _
6. win _ _ _
7. take _ _ _ _ _
8. get _ _ _
9. lead _ _ _
10. meet _ _ _
11. put _ _ _
12. am _ _ _

☞ Pretend you made the soup recipe on page 3 yesterday.
Tell what you did. Use the past tense. For example:

"Yesterday, I made some potato soup. I followed the steps in the recipe. I peeled the potatoes. I cut them into pieces . . ."

English Express

Teaching Notes

Art: Guy Parsons

Please photocopy these notes. **February 2007**

Subscriptions—contact Maureen Day
E-mail: subscriptions@englishexpress.ca
Phone: Edmonton 440-3722
Outside Edmonton 1-877-440-3722 free
Mail: English Express
Box 38028 Capilano
Edmonton AB T6A 3Y6
Fax: 780-468-3119

Content—contact Bev Burke
E-mail: editor@englishexpress.ca
Phone: Edmonton 440-9833
Outside Edmonton 1-877-440-9822 free

Answers for exercises

Bowling words

2. lane 3. pins 4. rent
5. score sheet 6. spare 7. gutter ball
8. computer 9. strike 10. turn
11. hand, hands

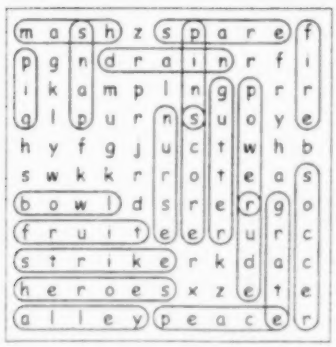
True or false

1. F 2. F 3. T 4. F 5. F 6. T 7. F 8. F

Cheesy potato soup

2. peel, cut, cook, drain, mash
3. melt 4. chop, cook 5. open
6. stir 7. chop

Find the words—answers


m a s h z s p a r e f
p g n d r a i n r f i
i k a m p l n g p r r
g l p u r n s u o y e
h y f g j u c t w h b
s w k k r r o t e a s
b o w l d s r e r g o
f r u i t e e r u r c
s t r i k e r k d a c
h e r o e s x z e t e
a l l e y p e a c e r

Bad weather

✔ If you have access to a computer or computer lab, have your student(s) use Yahoo! Weather at <ca.weather.yahoo.com>. Your student(s) can find out the weather in places around the world. Make a worksheet with a list of locations and blank lines to fill in. Start by showing the student(s) how to find the site and practice finding weather conditions in a few locations. Make sure everyone has Celsius selected. The student(s) can then fill in the worksheet.

Gestures

✔ Have a discussion about gestures. What hand gestures do your students use? Does anyone know some American Sign Language?

Two men saved seniors from fire

✔ The City of Edmonton website has several brochures about fire prevention and safety that can be downloaded. Go to:
<www.edmonton.ca/portal/server.pt/gateway/PTARGS_0_2_1659277_0_0_18/>

Reader's story

✔ Have any of your students tried to quit smoking? Was it difficult for them? Did they use nicotine gum or the patch? Did they quit "cold turkey"?

Family Literacy special issues

The Family Literacy series is available from the *English Express* office on an ongoing basis. The eight issues include:

#1: What is Family Literacy?
#2: How do young children develop?
#3: Helping babies learn
#4: Helping toddlers learn
#5: Helping preschoolers learn
#6: Children between 4½ & 7—helping them learn
#7: Starting Grade One
#8: Tell a story, read a story